

A person is walking away from the viewer down a long, straight path in a desert valley. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky and reflects on the sand. The valley walls are dark and rocky, framing the path. The overall mood is one of hope and resilience.

*The Wisdom Times*

Hope  
Resilience  
Destiny

# 21 DAYS OF HOPE

WESTON SUNFOLO BERG

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**21 Days of Hope - Hope, Resilience and destiny**

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## 21 DAYS OF HOPE CHALLENGE

**W**e are not exempted from the trap of dilemmas, challenges and dark moments of this life. The worst moments of this life are not necessarily when we are in lack – rather when our minds are vexed with thoughts of illusional imprisonment. As a matter of fact some of us are not really in dilemmas but rather in knowledge crisis and a minor enlightenment will pull us towards the destiny.

Wisdom establishes, builds and sustains – an inspiration of the wise is an antidote to the malice of ignorance and a road-map unto the successful life. **21 Days of Hope Challenge** has been a moment full of wise enchantments that can lead a traumatized soul into a meaningful life full of positive mannerism that compacts a possible destiny.

As you read this booklet you will discover the limitless possibilities that are encapsulated in this mystery called life and also that challenges are not stumbling blocks unto success but rather platforms for stalking new experience in exchange with the past naivety.

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## **Dedication**

To that single soul – who finds no way out of darkness;  
surrounded by limitless fence of hopelessness.

## **DAY 1**

*“When life presents hard times, respond with hard strategies too.”*

---

Hard times are real and everyone can be candidate for hard times in one way or the other. At times you may feel like you have everything that can make you happy but later recognize that you are missing out still in the banquet of men of peace of mind. At times life presents hardest puzzles which seem too difficult to solve –but, this is not a reason to embrace a defeated life but rather proceed with endurance to the way that benefits.

Of course you might have tried before, but what measures did you take? Were they strong enough to break the odds around you? Haven’t you heard that the high risk businesses are most paying? Do not stop because the last efforts you invested before didn’t shop a harvest – start smart this time.



## **DAY 2**

*“Do not stop because others are quitting, stop when you are done.”*

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Not every reality of the matter is the truth of it – the nature of the truth is that it is so painful to perceive but so sweet to accept. Acceptance is the key to handle the emotional pain and unlock peace of mind. However, not everything demands quick acceptance – and in fact acceptance isn’t applicable in all instances.

Know this – the fact that you are all running in the same lane with others doesn’t mean that you all have the same destinations. Your destiny is the bulls eye point where your purpose has struck on. Do not quit because others have stopped. More importantly, this life is a game of choices where surviving is based on the art of creative and critical decisions. Yes, others did not proceed in the same path – but you are not others, do not let the failures of others teen failure in you.

## **DAY 3**

*No matter how dark the room is, there's always  
a thin ray of light that points toward the  
opening.*

---

I believe that if there is an entrance it means that there is an exit too. It is either that the exit is the part of the entrance or there is a separate exit. There is no challenge without a solution, there is no puzzle without an answer. One of the most important clues that you are not supposed to miss in this game of life is the thin rays of hope.

No matter how critical the conditions may be, no matter how worse the moment may be – do not let the darkness around close your senses of sight and hearing. In that same dark room come small voices, minute alms, tinny energy that is the force that will pull you out towards the destiny. Do not think it's over, rather have a positive mind that this is not the end yet – freedom is on the way.

## **DAY 4**

*You are the architect of your destiny; when you sleep, the progress of your building will slip. Do not lose focus.*

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Have this mind rooted in you that there is no one like you who is and has ever existed and shall exist ever after you. If you mishandle your destiny the fate of negligence will start with you and your generations. Choosing not to do it now will not really affect those who are around you – rather yourself.

Everyone is entitled to be a manager of their own destinies. Sleeping when it is time for building will directly result in the negative progress – because no one will be busy doing what you were supposed to be doing yourself. We have parents, relatives, destiny helpers and have have you – but no one of these are much responsible for our destinies than ourselves – do not sleep.

## **DAY 5**

*It might seem like it is not working for you when  
you see the progress of others. Don't be  
embarrassed because his story is not your story;  
keep on pressing toward the goal.*

---

Comparison mentality has made people to abandon their God's ordained destinies – that are profiting and worthy dying for – just because the fruits of their labour seemed to be not enough with respect to the performance of their colleagues in the same field. This same mentality has made many to be doing copy and paste – all of this to attain the same level of relevance with others.

Some have started pursuing their purposes with competition – to overturn others which mostly doesn't work and births the heart of jealousy in the later end. You have tried, but it is not happening as it is with them – do not embrace negative energy, you are not a comparison mission; your goal is not to become like them but the real you whom you envisioned at the start of the journey. Press more – its all about time.

## **DAY 6**

*Not everything vast is beyond the capability you  
can bear. Don't be discouraged by the size;  
rather, handle it to the best of your capacity, just  
like ants don't give up on a slice of bread no  
matter how big it seems.*

---

Size is an illusion that has made many to quit even without making any attempt. Have you ever noticed that strength is a matter of attitude? Some things that you used to fear before do not intimidate you anymore because you have changed your attitude and hence approach. There is nothing like too much – if it seems so then break it into parts, carry one at a moment and with time you will find out that only a single piece of what you said was vast has remained.

You are stronger than you think, mightier than you know you are. It is not about the complexity of the problem or the simplicity of your body structure – it is all about your attitude that will make you put necessary efforts and take effective strategies than saying – THIS IS BEYOND CAPACITY.

## **DAY 7**

*Glittering attires make the outward appearance attractive. Meanwhile, the honorable character makes one's personality desirable. Don't lose your integrity to gain people's favour; stick to what you have; you'll accomplish what you desire.*

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Never mistake intellectualism for character, not everyone who has knowledge is feeble enough to handle character. Character is like an attire that reflects the truth about one's personality. Character can not be faked, character can be developed and can be ruined at the same time.

At times we are tempted to dress off our character so that we might gain favour and attention of people – just because the conditions are too harsh or too hard. Poverty is not a reason to start prostitution, being the first born in the family doesn't mean that you should acquire a job by bribing, do not seek promotion in exchange with immorality, do not break your spiritual ethics by seeking the dark powers just because you are barren. Your character is too expensive to be ruined.

## **DAY 8**

*The desires of the thirsty flesh cannot be satisfied with a spoon; the more you invest in quenching its appetites, the more the passions grow. Unless otherwise, do not let your moods, emotions, and cravings take a leading command in your destiny.*

---

Sometimes what you felt before as worth having may not necessarily be relevant to you now – because it was just a feeling, a wish and not a true necessity that you required. The fact is that no matter how much you can invest in dressing your wishes – you shall never satisfy them. You can desire a bike today because you are on foot – next after the bike will be a car – then a jet – then a space ship, then you may start desiring to have the whole world, Maybe.

The fact is that is that emotions are led by hormones which extends its fragility and not long rusting. Do not do something because you are feeling like doing it – rather because it is necessary per plan of what was supposed to be done – THE VISION itself.

## **DAY 9**

*Life and death aren't just a matter of fate and coincidence but rather a product of minute choices that keep swallowing or building us second after second. Wise choices denote the right moves toward the right destiny.*

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A stable mind is the pre-requisite for stable and constructive decision making. Failure to make a right decision is an indication that your destiny will miscarry. Not everything happens by fate – some are an aggregate of the negligence accumulated over time. You do not fail because the final task is heavy, rather the error is when you fail in preparation.

The choices of who to connect with in regard to your destiny, what to take along the destiny path, which route to avoid, where to step and what to keep as a part of the journey are so critical and important. Never joke when it comes to your destiny – take as much time as possible even before you make a decision. Those small errors count and shall cost a FAIL.



## **DAY 10**

*A small percentage of dirt in clean water contaminates the whole volume, making it unsafe for use; in the same manner, a minor bleach in personal character disqualifies him from the banquet of men of integrity. Be watchful; never allow yourself to be a watch-field for character crisis. Rather, focus on loyalty and discipline.*

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In the field of compromise, quantity doesn't count. There is nothing like a small mistake or a large mistake – as long as it is wrong then the prize of it will be evident in one way or the other. A minor slack in personal character can make a person live a defeated life the whole of his life. Be careful and always mindful of your character and integrity for it preaches first before your words.

Being in the generation where character crisis is a problem should not make you to be reckless, your destiny is too big to be handled with recklessness, watch out for any signs of immorality – do not be a part.

## **DAY 11**

*Sometimes waiting feels like a waste of time, but what's fun to rush and then crush? In fact, not everything demands speed; some things require patience.*

---

The greatest secret in the field of waiting is to master the art of waiting. Not every haste should be translated as speed, and more importantly not everything requires speed – some instances demand patience. The mystery of patience is that it trains a man into perfection and it is the path to discipline. In patience men learn how to handle their emotions so that they may not interfere with their destiny.

It is through the same moment of waiting that people reflect on how and where they missed it before and meditate on the better ways of doing it. Sometimes it is not the speed that matters – rather doing it to perfection. Take time, quava until it is formed and surely the result will not be an under-cooked staff.

## **DAY 12**

*Sometimes when things are not working, work on yourself first. I wonder if a mechanic with a broken arm can fix a broken vehicle. Sanity minds birth satisfying results, in the same way, vantage collapse in the hands of corrupted souls.*

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Your emotions, abilities, values and attitudes play an important part in your destiny. Your character, level of integrity and commitment to the path of discipline are so crucial as far as your success is concerned. When there are more losses than harvests, more errors than correct ticks – do not conclude to blame the system or others rather put yourself on the scale, weigh if you're fitting enough to be on it or with it. If not, then tune yourself best, re invest and see the harvest thereafter. You can tune yourself in the areas of knowledge, attitude, character and even your discipline.

## **DAY 13**

*The depth of the crisis should not shield the depth of your capacity, the first impression that you personally have over circumstances determines how you'll handle the situation. In fact if you see failure in the first place, it is hard to harvest success at the end.*

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Quite oftentimes those who say 'I will not manage this' do not succeed for sure. Do not be too weak to be disguised by the depth of the circumstance. You are much stronger than you know and you have much ability to handle difficult things even more than what is lying ahead of you. Do not embrace negative energy, always approach a task or a circumstance with a positive heart that you will surely make it. This does not mean being over ambitious or egoistic but rather it's an expression of your self confidence and esteem.

## **DAY 14**

*Do not be the first one to look down on yourself.  
The fact that all that soldiers are tall and armed  
in arrows and swords doesn't mean that your  
victory is also in that. The One in you is so great  
and capable to make those stones and string  
bring victory over the giant.*

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If you are not the first one to appreciate how much you've done and marvel at your achievements then do not expect anyone else to. The fact is that the degree at which you are motivated is directly proportional to the internal forces such as self esteemed and confidence. No matter how hard can someone try to encourage you – if your mind is clogged with the thoughts that you are inferior then you can never embrace positivism.

In any circumstance, be the first one to tell yourself that you are meant for such circumstances, you are strong, you are energetic and you will not fail as you have never failed before. The law of attraction says that the mind attracts whatever energy you feed unto it. Positive affirmations make you even more stronger and perform even better.

## **DAY 15**

*Hard times are real and we are all prone to difficult times, however, not all of us are victimized in perilous times not because we do have immediate alternatives, but rather we customized our focus to keep up interest in positive things only such that even when it is time to cry, we still find a reason to rejoice.*

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Contentment is the key to personal joy and satisfaction at all levels. The fact that things are not fine it doesn't mean that they have never been fine and shall never be fine forever. Celebrating the minor achievements that you embraced before is one key step in discovering the energy within you. As long as you ever passed before – it means you are excellent and you can pass even now. The fact that the situation has changed hasn't changed you and therefore your abilities are intact.

Do not be vexed with the things that are even afraid of you. Do not submit to conditions that are even afraid of you – cultivate the joy in you, celebrate the minor achievements and then your strength will be renewed. There is power for slaying giants in the word of your testimony.

## **DAY 16**

*Every new day exposes us to a million chances  
that we can try again what did not work  
yesterday. The past mistakes should not cost our  
energy to abandon the process. Do not give up,  
do not give in - this failure won't last until  
victory peeps in.*

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The fact that you failed yesterday doesn't mean that you shall never make it. Every morning of a fresh day is an exposition to a world of possibilities that you can make it even better than you could have done it the day before. It not a matter of history – it is the approach that determines how the story will end. Failure is not the end of it, in fact it is an opportunity to explore more chances of doing it with wisdom, intelligence and commitment.

You are strong, you are wise, you are meant to reign over it and you are not the failure. You will never be a failure again because the past mistakes won't define you and they do not dictate the outcome of your future – try harder.

## **DAY 17**

*If tears and remorse were solutions then a thousand cries and a million regrets could have cleared the cloud of overlapping problems that are in existence today. Don't be dull in dark circumstances rather be bright and always think for resolutions and not ways to express your emotions.*

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Regret is one of the entities that drain our emotional and physical energy. Time wasted in regret can be very fruitful if it is invested in something else valuable. No problem was ever dealt with with crying, and in actual fact the more you cry, the more the effects of the mistakes or the pain of the circumstances worsen.

You did not do it deliberately, yes, you did not choose it – but that doesn't mean that you should be crying every time and everyday. The fact that you were blinded the time you were making those choices that later broke your heart or choked your destiny doesn't mean that it is over – do not be stuck in the hung-overs of the past, RAISE UP AND FOCUS on what is ahead.



## **DAY 18**

*Sometimes the heaviness of the burden is dependent on the weight of the harvest, the most challenging tasks end in the most interesting victories. Even when you are feeling like quitting is the best choice, never stop what you have already started, take one more step closer and repeat the order - it's not a waste of time, you'll rejoice later.*

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Quite often times, those things that require much of your time and energy yield a bumper harvest. The fact that the seed is heavy it means that the fruit will be great if the husbandry practices are done with commitment. Do you know that all theses cheap things are because they do not take time to be processed?

Trust the process, the reward will be great and you will not regret. Do not get bored or feel exhausted because the system is more demanding – as long as the path is right, keep on investing and it will prove right when the maturation has happened,

## **DAY 19**

*Humble beginnings are the foundations of great destinations. It may seem like you're the least among the investors who are performing better in the same career, but don't be attempted to stop and be watching at others moving, rather, keep on investing consistently to your capacity best and one day it will be your story.*

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Every great tree was once a seed, and every delicious fruit was once a kernel that was hidden dormant in the ground. There was a time that once nobody paid attention to all the struggles that it faced – but now people are marveling at its fruits. That is the reality of this life.

The fact that others are ahead doesn't mean that you are not doing it, respect the times and seasons and your time shall come to pass. If you are faithful and committed in those humble beginnings, you shall never struggle when you shall be in the era of greatness.

## **DAY 20**

*In the long run you shall come to understand that all the happenings are purpose oriented.*

*Some situations are presented to test our qualifications in handling that which is kept in our stock - the more we prove not to be, the more the circumstances persist until we attain the expected measure of perfection.*

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Everything happens for a reason, there is always a purpose for this life. When making decisions, make sure that you are acquainted with the purpose attached to the circumstance, do not rush to impose before you understand, rest, your speed will expose your imprudence. In the same manner, some things happen solely to test our abilities to handle situations of that kind.

In the class of perfection, there are repeats, supplementary exams and what have you, the goal is not to waste time but rather attain the best measure. Don't be embarrassed when you are getting through the same process several times.

## **DAY 21**

*Do not give a lazy hand when it comes to the matters of your destiny. Take necessary risks where applicable, spend sleepless nights where required – because seeds of the same kind perform differently when exposed to varying treatments. If you want unique harvest then invest in unique husbandry practices.*

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Your destiny is one of the things that you are supposed to handle with delicacy because it's too fragile to error and compromise. When it is time to work, do like nobody's business. Never let laziness overtake the place of dedication and commitment. Remember that you are the chief architect to your future. FOCUS, set a distance from all destruction and surely you will make it.



# 21 Days of Hope

*Hope. Resilience. Destiny*

We are all prone to situations which are traumatizing and mind blowing in one way or the other. Sometimes the path that we ought to prefer as a solution to the situation doesn't necessarily bring comfort but rather worsen the condition. At times we miss the answers that are an inch closer not because they are inaccessible rather we are too blind to perceive them. Weather in **peace**, or in **trouble** let your soul aim higher until you catch the rhythm of your destiny.



**WESTON SUNFOLO BERG** is a young creative and passionate Malawian author, who is an inspiration to the youth of the present generation. He has authored several literatures on hope and inspiration. He is currently pursuing bachelor's in optometry at Mzuzu University.

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